

REACHING OUT

Keeping our Community Connected - Edition 15



FEEL GOOD NEWS...



The royal family has released photographs of the wedding of Princess Beatrice and Edoardo Mapelli Mozzi, who were married last Friday. Princess Beatrice wore a

vintage dress loaned to her by her grandmother Queen Elizabeth II, and a diamond tiara that was worn by the queen on her own wedding day in 1947.



To all lovers of music !!

We know you are missing your regular music sessions at Sandybeach so we are bringing the music to you!



Introducing 'The Happy Show' - an hour long show including singalongs, name that tune and much more!!

You can find the link on the Sandybeach Facebook page or if you would like the link sent to you in an email, please contact us at: armchairtravel@sandybeach.org.au (If you have a DVD player and don't have access to the internet, you can request a DVD to be sent to you) Just call reception on 9598 2155.

HAPPY SNAP OF THE WEEK



Cassie & Cecilia from Monday's Artbeat class catch up with Jenny Jessop at her studio

DON'T FORGET TO REGISTER FOR THE ONLINE ART EXHIBITION

All Along the Bay

Register by 14th August

Submission of artworks due

by 18th September

see Tina's Art pages inside for details and inspiration and start creating!

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 Calf and Ankle Stretch

Seated

- Come forward on the chair, legs hip width apart.
- Extend the right leg out, heel on the floor, ball of the foot up off the floor with toes pointing upward.
- Gently move the foot from side to side.
- Do 2 sets for the count of 8 and repeat stretch on the left leg. (see picture)



Standing

- Extend the right leg out and elevated.
- Repeat the movement as above.
- Do 2 sets for the count of 8 and repeat on the left leg (see picture)



EXERCISE 2 - Point and Flex

Seated

- Come forward on the chair, legs hip width apart.
- Extend the right leg out heel on the floor, ball of the foot up toes pointing upward.
- Gently take the ball of the foot towards the floor - do not let the ball of the foot touch the floor and the gently bring the foot towards the front of the leg. (see picture).
- Do 2 sets for the count of 8 and repeat on the left leg.



Standing

- Extend the right leg out in front and elevated, point the toes away from the body and rotate in a circular motion anti clockwise and then rotate in a circular motion clockwise.
- Repeat the stretch with the left leg. (see picture)
- Do 2 sets for the count of 8 with both legs anti clockwise and clockwise



Please do the stretches slowly and carefully and do only what is comfortable for you. You will thank me for this!!!!.

Have fun everyone, take care and stay safe and healthy, Angel Parker

LET'S STAY HEALTHY WITH ELANA

Sweet Potato Chips

Ingredients

- 1.2 kg of small orange sweet potatoes
- 1/2 teaspoon of smoked paprika
- 1/2 teaspoon of dried chilli flakes
- 1 teaspoon of sea salt flakes
- 2 tablespoons of olive oil



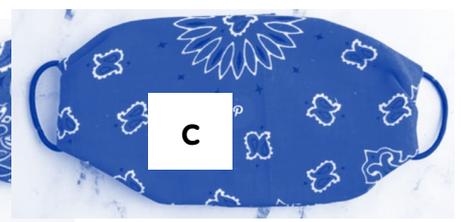
Method

1. Preheat oven to 220°C fan forced. Scrub potato skins, then pat dry. Cut each potato in half length wise, then cut each in half length wise again into thin wedges.
2. Place in a roasting pan and sprinkle with paprika, chilli flakes and sea salt flakes. Drizzle with olive oil and toss to combine. Roast, turning occasionally for 20 minutes or until golden brown. Enjoy!

How to Make A Face Mask with a Bandana and Hair Ties

One of the simplest ways to make a no-sew face mask is with a bandana (handkerchief or large cloth napkin) and two hair ties.

1. Lay the handkerchief, bandana, or piece of fabric flat. Fold the top and bottom inward to meet in the middle. (a)
2. Fold the bandana in half again. There will be four layers of fabric.
3. Use two hair ties (or rubber bands) to create ear loops. Slip one hair tie over each of the ends. Slide the hair ties a few inches toward the middle of the folded bandana.
4. Fold the ends of the bandana in to meet in the middle. The ends should overlap slightly, so you can tuck one end into the other. This will help keep the ends secure. (b)
5. Wear the mask with the smooth side out and the ends against your face. (c)
6. If the mask feels too tight around your ears, then you can adjust the position of the hair ties to make it wider.
7. Remember to wash the bandana after each use.



MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go ?



GETTING TO KNOW YOU - Peter Sullivan

Place of Birth: Melbourne

Extended family: 5 children and 8 grandchildren

Education: Completed a Masters of Music at Melbourne University majoring in Composition

Pets: Little Owen **Hobbies:** Art, Surfing, Walking

Favourites: Book - Cyrano de Bergerac, Musician - Bill Evans, Travel Destination - Noosa

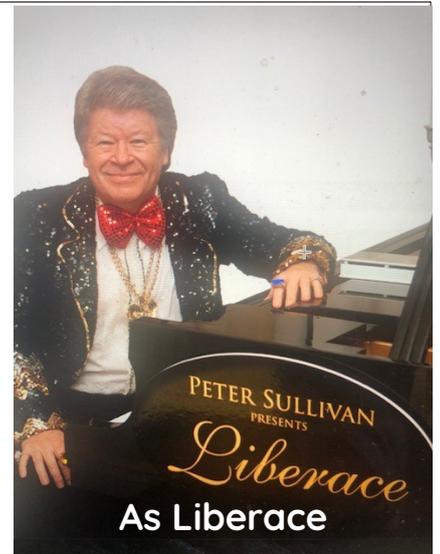
What have you been doing at home during lockdown?

Lots of music, practice, recording and teaching

First Job: Musical Director at Dorset Gardens, Sessions Musician

Career: Musical Director at Channel 9 for 12 years - highlight - conducting Carols by Candlelight, Christmas Eve at the Myer Music Bowl. I produced musical scores for Sale of the Century and The Footy Show.

What is your involvement with Sandybeach? I have been helping out as a volunteer (performing and lectures) with my partner Andrea Lees for Music Alive.



Summary: With many years in the music business, I have arranged/produced many artists including Normie Rowe, Little River Band, the Seekers, Skyhooks, Hush, Daryl Somers, Colleen Hewitt, Denis Walter and many others. I received acknowledgement for work with the Melbourne Symphony Orchestra on the John Farnham Album. I have written the music to films and written hundreds of jingles. I was part of The Two Man Band alongside Mike Brady with the big hit 'Up there Cazaly' I love conducting and

have my own orchestra called The Classical Experience Orchestra. Unfortunately, we don't have many gigs currently!

At the moment, I love teaching my concept - piano brain training to seniors. It's very good at exercising your brain!

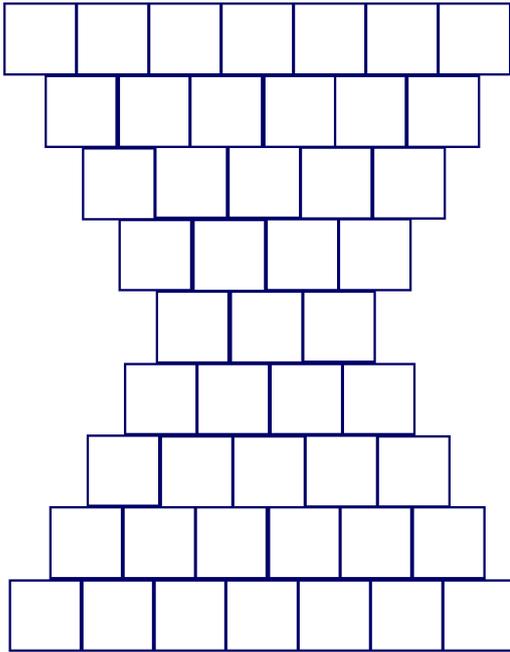
What may we be surprised to learn about you? I just bought a new 9'6" surfboard - ready to go!!!



RIDDLE AND PUZZLES

RIDDLE : A taxi driver is going the wrong way down a one-way street. He passes four police officers, yet none of them stop him. Why?

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Called (a phone number) - on an old phone!

United in conflict

perfect

helper

To support

thought

Out of the way

To counsel

Enters and conquers



CRYPTIC INCRE - MENTAL

Change the first word to the last by altering one letter at each stage to make a new word each time - there are cryptic clues to help you!

A	T	O	N	E
S	H	A	R	K

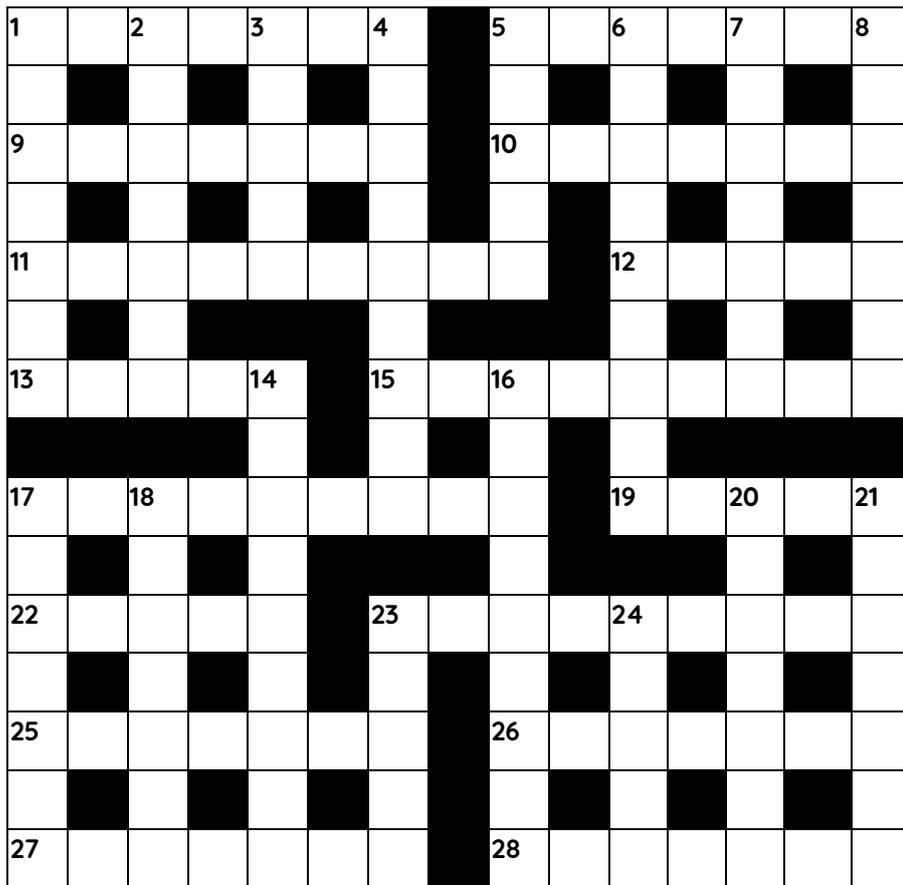
Street with one pebble

Shop has some books to read

Sounds like coastline is in no doubt

Hears about entitlement

BIG CROSSWORD & A COUPLE OF LAUGHS



JOKE OF THE WEEK

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too!!



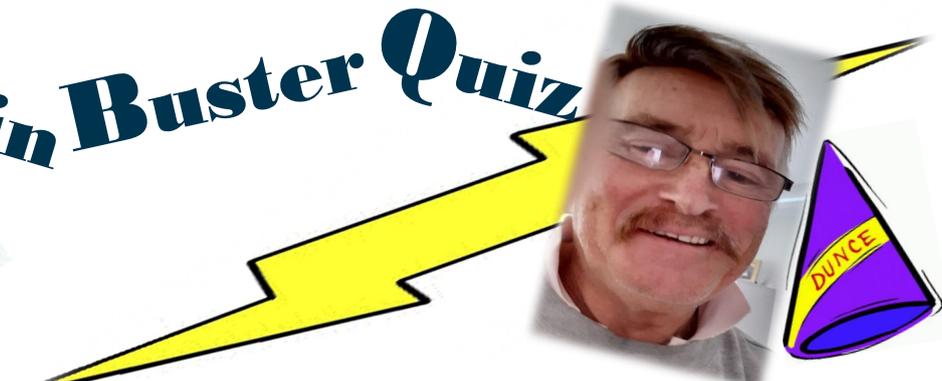
Across

- 1 Portrait photo (5,2)
- 5 Blames (7)
- 9 Russian ballet company
- 10 a simple schematic drawing (7)
- 11 shrinks (9)
- 12 untrue (5)
- 13 happen afterwards or as a result (5)
- 15 owns (9)
- 17 vanish (9)
- 19 rated (5)
- 22 work out (5)
- 23 scrawls (9)
- 25 plant clipping (7)
- 26 blue eyed cat (7)
- 27 timid reserve (7)
- 28 afternoon naps (7)

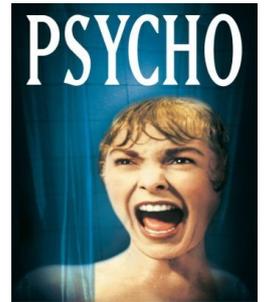
Down

- 1 partitioned workstation (7)
- 2 rectangular shapes (7)
- 3 early anaesthetic (5)
- 4 integrity (9)
- 5 assistants (5)
- 6 driver (9)
- 7 walks unhurriedly (7)
- 8 gently boils (7)
- 14 dear (9)
- 16 they're unexpected (9)
- 17 identify the presence or existence of (7)
- 18 quickly (7)
- 20 of greatest height (7)
- 21 makes disappear (belief or feeling) 7)
- 23 gestures or signals (5)
- 24 make (a structure) stronger or firmer (5)

Bill's Brain Buster Quiz



- Q 1 As well as co-starring with Tony Curtis, as a couple of drag queen musicians, one of his major roles was that of Ensign Pulver in the movie "Mister Roberts" - Name him !!
- Q 2 Can you name the three members from the same family who starred in the movie "Rasputin And The Empress" (2 brothers and a sister) ?
- Q 3 "Always Look On The Bright Side Of Life" is from which 1979 movie ?
- Q 4 The famous shower scene sees Marion Crane stabbed to death by the crazed Norman Bates, in the 1960 Alfred Hitchcock movie "Psycho" (pictured) - who played the role of the murdered Marion Crane ?
- Q 5 Lee Marvin sang the song "I was Born Under A Wandering Star" in which 1969 movie ?
- Q 6 Who played the role of Quinton McHale in the popular TV series "McHales Navy" ?
- Q 7 Just known by one name, she was the barrel girl on the late night variety show "IMT" and later on as a princess to the kids on the afternoon "Happy Show" - Who was she ?
- Q 8 Barack Obama was USA President before Donald Trump, but who preceded Obama ?
- Q 9 James Stewart starred in the role of bandleader Glenn Miller in the 1954 movie "The Glenn Miller Story" - Who co-starred as his wife ?
- Q 10 With which cartoon character do we associate the Goon show's Peter Sellars in his role of the bumbling Inspector Clouseau ?
- Q 11 In the 1962 re-make of "Mutiny On The Bounty", Marlon Brando stars in the role of Fletcher Christian and Trevor Howard as Captain Bligh - but which matinee idol played Fletcher Christian to Charles Laughton's Captain Bligh in the 1935 original film ?
- Q 12 Who plays Eliza Dolittle in the 1964 movie "My Fair Lady" ?
- Q 13 In the nursery rhyme, the second little piggy stayed home after the first little piggy went to market ... What did the third little piggy do ?
- Q 14 You put your left foot in ... Put your left foot out - stick it in again and - do what ?



We asked Tony ... "How do lions make love" ?

Tony's reply ... "How would I know, I'm a Rotarian" !!



SHOWBIZ with Andrea



★ ★ ★ Who's on Stage Today ?

I'm so excited to have one of our most popular performers with us today.

Mike Cole



Q. Now Mike, name a few of your favourite artists or bands and how they have influenced your career ?

A. Obviously Elvis. John Lennon once famously said ... *"Before Elvis there was nothing."* My music was very influenced by my parents who had different tastes in music with my father being in a rock band whilst my mother sang country music, giving me a very broad taste in music.

Q. We know you as a top-line "Elvis" impersonator, so tell us how did that come about ?

Elvis
has left
the
Building

A. Coming from a corporate background, I started my own insurance business in 2013, and four years into it, I realised I missed the music so I started a cover music band. Still needing to do something "different", I decided to "become Elvis". With a strong cohort of Elvis fans out there - it just took off, and I've been performing at 3 or more venues each week ever since.

Q. Tell us something we don't know about you.

A. In a previous life (*when I was younger*) I served in the Royal New Zealand Navy.

Q. What would you say is the biggest gig that you have performed at ?

A. For the past two years I have been travelling to Wales in the UK to perform at the largest "Elvis" festival in the world in front of an audience of over 40,000 fans. It's 4 days of full-on fun each September. Similarly, the "Elvis" festival in Parkes, NSW each January, draws huge crowds enjoying the great atmosphere in the fully packed venues.

Q. What is your favourite Elvis song you love to sing and why ?

A. My favourite Elvis song is *"The Wonder Of You"*. It always gets a great crowd reaction and it's a great way to finish my show on a high note.

Q. Mike, you have many great costumes for your "Elvis" shows, so can you tell us which one would be your favourite outfit and why ?

A. My favourite Elvis outfit is the tiger jumpsuit (*see picture*). It gets the most comments as people either love it or hate it.

Q. What era of Elvis was your favourite and Why ?

A. My favourite era is 1972-1975 when his voice was strong and mature.

Q. What do you like most about performing at "Music Alive" ?

A. The thing I like most is seeing the smiles on peoples faces. It doesn't matter how young or old the audience is, they always enjoy the songs.



Mike Cole
is
ELVIS

And Mike, as Elvis would say ...

Thank You
very much

ARMCHAIR TRAVEL: Paronella Park - *by Miranda Turner*



In 2014, while visiting our daughter at Uni in Townsville, we stumbled across Paronella Park. It was not a planned stop but one of those happy accidents resulting in a very interesting day out.

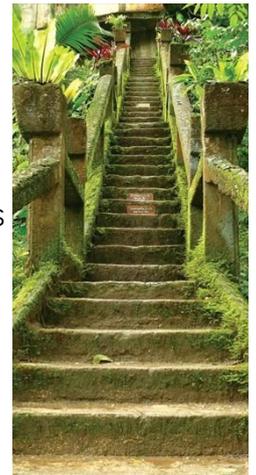
Paronella Park was built in the 1930s by José Paronella a Spanish immigrant who arrived in Innisfail, Queensland in 1913. Having sailed from his homeland, Catalonia, in northern Spain he planned to build a grand life for himself and his fiancée Matilda. Paronella worked hard for 11 years, creating his wealth by buying, improving, and selling cane farms. While travelling through the beautiful North Queensland countryside he discovered a virgin forest alongside spectacular Mena Creek Falls - the perfect location for his dream.

Upon returning to Spain, Paronella discovered that Matilda had married another man. Determined to sail back with a bride, José proposed to Margarita, Matilda's younger sister. By 1929 the newlyweds had returned to Australia and purchased the land of José's dreams. He first built the grand 47-step staircase to shift building materials between the lower and upper level. Here, the couple had their cottage hand built of stone, and moved in on Christmas Eve.



Inspired by childhood memories of Catalan castles, Paronella and his workers set to work designing an entertainment area. A movie theatre transformed on weekends into a huge ballroom with live bands who entertained while a massive ball of mirrors spun from the ceiling to reflect a dazzle of lights. More than 7000 trees were planted around the Paronellas' home and castle, including an avenue of Kauris that tower now like cathedral spires.

The castle grounds were ready to welcome the public in 1935. The Paronellas invited everyone to movies on Saturday nights, built tennis courts, and a pavilion with turret-topped balconies, refreshment rooms and changing cubicles for swimmers.



Paronella Park's resistance has been tested many times. In 1946 a mass of logs from upstream swept away a bridge and descended on the park, destroying the refreshment rooms. Undaunted, the Paronellas replanted gardens, repaired what they could, and re-opened for business 6 months later. In 1979 a fire swept through the castle, leaving only the walls and the turret as a reminder of what had been. In 1986, Cyclone Winifred tested the park's endurance once again.

Following Jose's death in 1948, the park changed owners several times until, in 1993, it was bought by Mark and Judy Evans. The park's current owners rediscovered the almost lost park and set about reviving Paronella's dream. Paths were uncovered, buildings repaired, trees identified, and a museum created in the original home built by Paronella for his family. A number of ongoing restoration and preservation projects will see the Paronella Park story live on for many years to come.



POETRY - “Poor Richard’s Wisdom”

“Poor Richard” was a nom de plume for the pioneer journalist, inventor, writer, philosopher, politician, Freemason, scientist, inventor, humorist, civic activist, statesman, diplomat and Founding Father of the United States, Benjamin Franklin

Franklin began compiling Poor Richards Almanac in 1732 under the name of Richard Saunders, and he filled all the little spaces with scraps of advice, old maxims, and with pithy sayings that became proverbs.

By his own admission, most of these didn’t originate with Franklin but were gathered from many nations and ages. Nevertheless, they filtered through his brain, and the following selections reflect his sound common sense as well as the salty philosophy of the forgotten originators.

An open foe may prove a curse,
But a pretend foe is worse

*Keep conscience clear
Then never fear*

Quarrels never could last long
If on one side were all the wrong

*Little strokes
Fell great Oaks*

What is a butterfly? At best
He’s but a caterpillar dressed.

*Tomorrow I’ll reform, the fool does say
Today’s too late. The wise did yesterday*

From a slip of the foot you may soon recover
But a slip of the tongue you may never get over

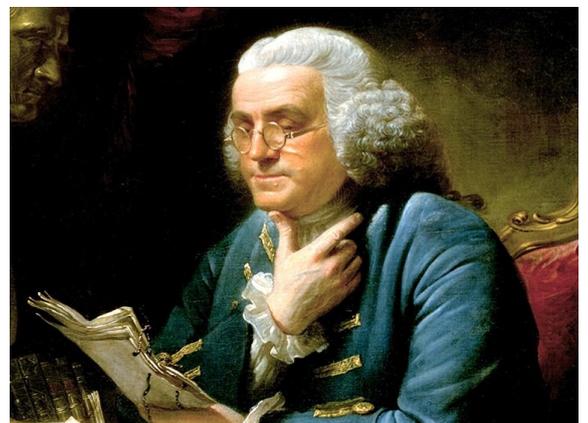
*Hide not your talents; they for use were made
What’s a sun-dial in the shade!*

*If you would not be forgotten,
as soon as you are dead and rotten,
either write things worth reading,
or do things worth writing.*

Clean your Finger, before you point at my
Spots

Speak little, do much

Love your Enemies,
for they tell you your faults



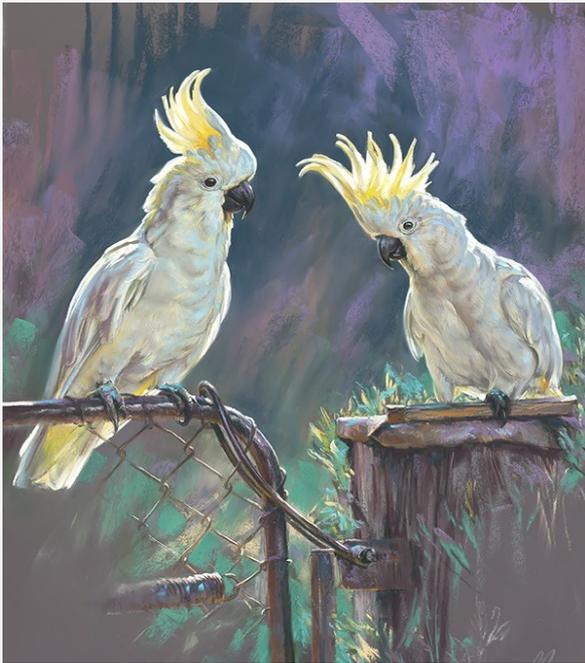
Be inspired by various subject matter for 'All Along the Bay' online exhibition

There is so much to appreciate in our Bayside area. Here are some images to spark some ideas. These images are available on

<https://www.webfx.com/blog/web-design/sites-public-domain-images/> Pixabay site

Be inspired by the artworks of
Steve Morvell Nature Artist

<http://www.stevemorvell.com/birdgallery1.html>



The old back gate-sulphur crested cockatoos
Pastel on Colour fix paper

Have a go at creating your own using an interesting background and choice of medium. Use the guides to help you get started!

Amazing creatures on our doorstep!

Sulphur-Crested Cockatoos are considered the most intelligent of parrots by pet enthusiasts. They have the learning capacity of a 1 to 2 year old human child and they are capable of being taught to speak words and phrases. What a beauty to draw or paint!



Remember exhibition entry fee due by Friday 14th August.
Submission of artworks due 18th September



All Along the Bay

An online art exhibition that takes us on an extraordinary voyage through the wonders of our Bayside area.

Call for Submissions



Entry fee:
\$15 (one artwork)
\$20 (two artworks)
Children's entry \$10
Due by Friday 14th August

REGISTER NOW
sandybeach.org.au/events

Enquiries: please email tinab@sandybeach.org.au

Going 'live' in October

Peoples Choice Award

1st 2nd 3rd prizes (to be judged by panel)

Child Artist Award

Submissions information:

- Open to anyone with a connection to the Sandybeach Community: participants of any Sandybeach programs, carers, family members, Sandybeach volunteers and staff
- Maximum size 91.5cm x 91.5cm (36" x 36")
- All works **MUST** be created in 2020
- Children's category: We encourage entries from ages 3 -15.
- Subject matter can be anything to do with our lovely bayside area such as local fauna, flora, sunsets, sea views, sea creatures, local nostalgic buildings etc.
- Visit our website for further information
- **Submission of artworks due by 18th September.** Further details on how to submit work will follow.

OUR AMAZING WORLD →



Sandybeach Childcare children love to role play and use their imagination. "Fruit, vegies, washing powder, bacon - supermarket list is done!!! " "Ready to go"



Kawah Ijen Volcano Java (pictured left)

The volcano has a caldera lake filled with turquoise blue water. The colour is a result of its extreme acidity and a high concentration of dissolved metals. The cause of its acidity is an inflow of hydrothermal waters charged with gases from a hot magma chamber below. Some of the gas condenses in the atmosphere to produce flows of molten sulfur that also burn with an electric blue flame. The sulfur sometimes ignites upon contact with oxygen in the atmosphere, then condenses, falls to the ground as a liquid then solidifies resulting striking yellow deposits that contrast strikingly with the turquoise lake.

READER CONTRIBUTIONS

Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

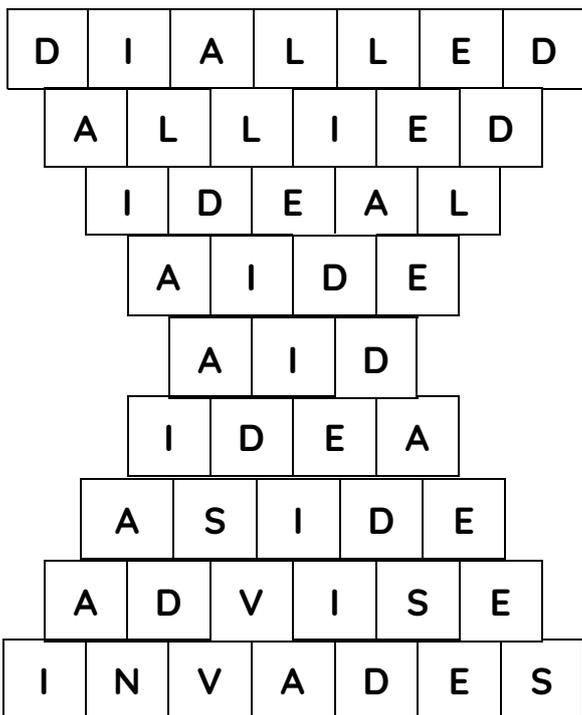
If you have anything to share, please email it to us at armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191

This week's contributions come from Ana Greeno who is one of our regular Armchair Travel presenters - also a poet and an artist! You are a lady of many talents Ana! Thanks for sharing! ♥



QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER



CRYPTIC INCRE - MENTAL ANSWER



CROSSWORD SOLUTION

Across

- 1 close up
- 5 accuses
- 9 Bolshoi
- 10 diagram
- 11 contracts
- 12 False
- 13 ensue
- 15 possesses
- 17 disappear
- 19 rated
- 22 train
- 23 scribbles
- 25 cutting
- 26 siamese
- 27 shyness
- 28 siestas

Down

- 1 cubicle
- 2 oblongs
- 3 ether
- 4 principle
- 5 aides
- 6 chauffeur
- 7 strolls
- 8 simmers
- 14 expensive
- 16 surprises
- 17 detects
- 18 smartly
- 20 tallest
- 21 dispels
- 23 signs
- 24 brace



RIDDLE ANSWER

The taxi driver is on foot.



ANSWERS TO THE BRAIN

Q1: Jack Lemmon. Q2: Lionel, John and Ethel Barrymore.

Q3: The Life Of Brian Q4: Janet Leigh. Q5: Paint Your Wagon.

Q6: Ernest Borgnine. Q7: Panda. Q8: George W Bush. Q9: June Allyson.

Q10: The Pink Panther. Q11: Clark Gable. Q12: Audrey Hepburn.

Q13: Ate roast beef. Q14: Shake it all about.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

CARER WELLBEING

Caring can be emotionally and physically demanding. As a carer you will often put the needs of the person you care for before your own however, prioritising your wellbeing and gaining balance in your role as a carer is very important. A bit of stress is normal but when stress becomes unrelenting and overwhelming it can begin to affect your health and wellbeing. Some things you can do to help manage stress:

Keep healthy. Eat well and exercise regularly

Get a good night's sleep. Don't drink coffee or tea in the evening and explore ways to wind down before bed. Meditation, listening to music or reading can help if you have difficulty falling asleep.

Relax. Find out what relaxes you and take regular time out to recharge. Try to do something that you enjoy every day and spend time with people who make you feel good about yourself. Practicing relaxation techniques and Mindfulness. These have been shown to help with preventing and managing

Talk with family and friends about how you feel. Let off steam and encourage them to do the same. It may also help to talk with a professional counsellor. Talk to your GP.

Ask for and accept help! Many carers feel alone and unsupported. Luckily there are lots of places you can go for information, help, advice and practical support. Carers Victoria, The Carer gateway, Dementia Australia, Lifeline and Beyond Blue are just some of the places you can reach out to.



Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636.**

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

CONVERSATIONS with



Carers Victoria's new videocast *Conversations with Carers Victoria* has now launched via Zoom

Every Monday, Wednesday and Friday at 2pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new.

The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.



WE WANT TO HEAR FROM YOU!
What does Sandybeach Centre do to enhance your wellbeing as a carer?
What more could we be doing to enhance your wellbeing?
armchairtravel@sandybeach.org.au
PH: 9598 2155